

Sweet Potato Pancakes

Makes: 4 Servings

Ingredients

1 cup complete pancake & waffle mix (or 1 8-ounce package)
1 teaspoon pumpkin pie spice
1 teaspoon vanilla
1 tablespoon brown sugar
1/2 cup mashed sweet potatoes, winter squash, or pumpkin (baked or canned)
1/4 cup chopped nuts (optional)

Directions

1. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes.
2. Pour slightly less than 1/4 cup batter for each pancake onto skillet or electric griddle at 350°F-375°F.
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.

University of Wisconsin Extension. Wisconsin Nutrition Education Program, Eau Claire County.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	32 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	360 mg	15%